

THE SOURCE

Bryan Bretschneider Selected as Employee of the Year

Submitted by TyLynne Bauer, Facility Operating Officer

Bryan Bretschneider has been selected as a DHHS Employee of the Year for 2011. Bryan has worked for the Norfolk Regional Center since July 1985. From his grandparents to himself, Bryan's family have dedicated their careers and livelihoods to the Norfolk Regional Center, believing in their abilities to give to the individuals residing at the hospital, give back to the community, and leave a legacy. Bryan continues to carry on his family legacy. He has worked in many capacities, including directly with the patients and now as a Facility Maintenance Specialist. Not only Bryan's skill in all areas

of maintenance makes him a very valuable employee, but his sense of personalization that he gives while working keeps him in touch with all of the departments that he is assisting. Whenever ANYONE has questions about the history, the many reasons, and the tales, they go to Bryan. Over the past three summers, we have had an increased interest from photographers, documentaries and news reporters indicating interest in our older buildings and all that occurred in them. Photographers from New York, Colorado, South Dakota and Nebraska have all professionally photographed our facil-



ity with the assistance of Bryan. Bryan takes the time from his busy schedule to share his knowledge and love for the facility and literally captivates the listeners' attention with his stories. Bryan knows the history, the buildings, the grounds, the employees and the people more than any other employee at the Norfolk Regional Center.

Thank you, Bryan, for your excellent work over the years at the Norfolk Regional Center, and congratulations on your award!

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Nebraska Sex Offender Treatment Program

Mission: Providing Sex Offender treatment to prepare for community reintegration while maintaining public safety.

Vision: Helping people rebuild their lives with no more victims.

Please Welcome New Employees



Amy Bethards
Mental Health
Security Specialist II



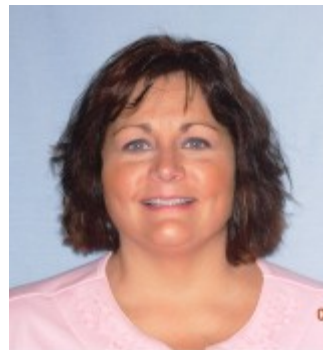
Kristen McGill
Mental Health
Security Specialist II



Steven Johnson
Mental Health Practitioner II

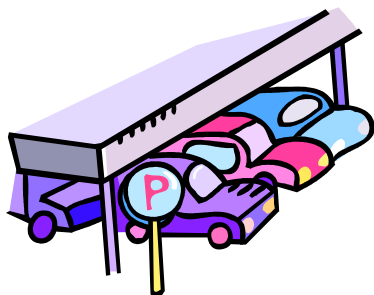


Kara Allen
Mental Health Practitioner I



Jodi Howard
Mental Health
Security Specialist II

Parking Lottery



Winners for the month of October are:

- | | |
|-------------------|--------------------|
| 1. David Hallberg | 5. Julie Redwing |
| 2. Eric Derby | 6. Donna Wagner |
| 3. Dr. Jean Laing | 7. Polly Timperley |
| 4. Luann Eddy | 8. Dawn Collins |

Values Coach Training

Submitted by TyLynne Bauer, Facility Operating Officer

Recently, TiAnne Morse and I were asked by our division Director, Scot Adams, to attend a 3-day Values Coach Training in Omaha. We were honored and intrigued! Once we arrived and began the training, within the first hour we knew this was going to be one of the most positive life-changing experiences that we could have encountered. We were so excited to bring it back to share it with everyone. The Values Coach author and trainer, Joe Tye, states, "Five or ten years from now, you will be in a much different place — professionally, personally, financially, and in many other ways — than you would have been otherwise."

I would like to share just a couple of things that we learned that have been meaningful to me both personally and professionally. The first is the Self-Empowerment Pledge, which are seven simple promises that will change your life. The Self-Empowerment Pledge is a powerful tool for transforming your attitudes and behaviors. Simply repeat each daily promise to yourself at least four times a day — morning, afternoon, evening, and right before bed. Post a copy on the bathroom mirror, in

your daily planner, and wherever else you will see it often. You will be astonished at the changes you see in your thinking, in your attitudes, and in your behaviors after the first few months.



Values Coach Training Class (Can you find TyLynne and TiAnne?)

Commit yourself to one minute per day repeating to yourself that day's promise from the Self-Empowerment Pledge. Devoting yourself to a mere fifteen seconds every morning, noon, afternoon, and evening to repeat that day's promise can be profoundly life-changing. That's only 365 minutes a year (the amount of time the average person spends watching television every two or three days). The return on your investment will be enormous!

Think of a rocket ship that's been launched toward the moon. If you alter its course by just one tiny degree as it is coming off the launch pad, it will miss the moon altogether

and end up in the stars. In the same way, small changes made as a result of taking the seven simple promises of The Self-Empowerment Pledge, if they are sustained over time, can have a huge impact upon your

future success and happiness.

Monday's Promise: Responsibility — I will take complete responsibility for my health, my hap-

piness, my success, and my life, and will not blame others for my problems or predicaments.

Tuesday's Promise: Accountability — I will not allow low self-esteem, self-limiting beliefs, or the negativity of others to prevent me from achieving my authentic goals and from becoming the person I am meant to be.

Wednesday's Promise: Determination — I will do the things I'm afraid to do, but which I know should be done. Sometimes this will mean asking for help to do that which I cannot do by myself.

Thursday's Promise: Contribution — I will earn the help I need in advance by helping

other people now, and repay the help I receive by serving others later.

Friday's Promise: Resilience — I will face rejection and failure with courage, awareness, and perseverance, making these experiences the platform for future acceptance and success.

Saturday's Promise: Perspective — I will have faith that, though I might not understand why adversity happens, by my conscious choice I can find strength, compassion, and grace through my trials.

Sunday's Promise: Faith — My faith and my gratitude for all that I have been blessed with will shine through in my attitudes and in my actions.

As you can see, these are pledges to ourselves and others that can impact our everyday lives. I believe that the Values Coach Training also meshes well with our Mandt Training, as well as the newest sections in our employee evaluations that are rolling out this next year.

Mr. John Roberts, State Coordinator for the Nebraska

Chapter of Values Collaborative, will be here as a guest speaker on November 4th, 2011, to provide us with even more education and enthusiasm on what Values Coach Training can do for us. His agenda is as follows:

0930-1030 and again at 1430-1530 — Overview of Values Collaborative with staff. This training will be in the Staff Development Room N-17.

Please look for more information and articles about Values Coach Training in each issue of *The Source*.

What's Cooking at NRC



SMORE COOKIES

Cream together:

1 stick butter
2 eggs

3/4 c. sugar

3/4 c. brown sugar

1 tsp. vanilla

Sift together:

2 c. flour
1 tsp. soda

2 c. finely crushed graham
cracker crumbs

1 tsp. salt

Add sifted ingredients to creamed mixture. Fold in 1 1/2 c. chocolate chips.

Bake cookies at 350° F for 12-15 minutes until just brown on the bottoms. Remove from oven. Remove from pan. Place 1 small tsp. marshmallow cream and 1 square of chocolate in the middle of each cookie. Cool and eat.

(Submitted by Starla DeMoss, and she challenges Marilyn Stromberg to submit a recipe for the next issue of *The Source*.)

Start Preparing Now for Dependent Eligibility Audit

From DHHS Human Resources and Development

IMPORTANT INFORMATION TO CONTINUE INSURANCE COVERAGE FOR YOUR DEPEND- ENTS!!!

A comprehensive Dependent Eligibility Audit for health, dental and vision insurance will begin very soon! The email sent to all state employees on September 20th describes the general process and why an audit is being done. The purpose of this follow-up email is to encourage you to start preparing now!

All employees covering a dependent (spouse, child, step-child, etc.) on their health, dental or vision insurance will receive a letter from **Aon Hewitt Dependent Verification Center** sometime around October 17th.

It is **CRITICAL** that you **open this letter and read it carefully - do not discard it!!** The letter will explain the specific steps you must take to verify eligibility for any dependents covered on your health, dental or vision insurance. Employees who do not carry insurance or carry only single coverage will not receive a letter.

You **must** respond to Aon Hewitt by the deadline listed in your letter or your dependents will lose health, dental and vision coverage through the state. Examples of documents you may be asked to provide include birth certificates and marriage licenses. **Because it may take some time to obtain these documents, if you don't already have them, you should begin requesting them now.** If you are unable to produce a document that is required, you will need to contact Aon Hewitt to determine if alternate documentation is

acceptable. The letter you receive from Aon Hewitt will provide their customer service number and they will have staff available to answer questions from 8 a.m. to 7 p.m. Central Time Monday through Friday.



Much more information about this process will be included in the letter mailed to employees. Please watch for this important letter and follow all directions contained in the letter. More information can also be found on the FAQ >> http://its.ne.gov/tech_serv/help_desk/distribution_docs/docs/Dependent_Audit_FAQ.pdf.

October Birthdays

- 1 - Kathryn Klein
Nicole Gregory
- 2 - Jeanne Jensen
Barbara Fox
Marsha Nelson
Brian Planer
- 7 - Patty True
Ellen Weed
- 8 - Kim Summers
- 10 - Susie Kohlhof
Diane Charles
- 11 - Barb Maas
Jim McElfresh
- 12 - Michelle Clark
- 13 - John Kelly
- 14 - Rose Prather
- 15 - Amy Vollbrecht
- 16 - Jay Curran
Dan Divis
- 18 - Stacey Sommerfeld
- 20 - Sharon Jaeger
- 21 - Scott Hoffmann
- 23 - Dan Sturgis
- 24 - Willie Wesemann
- 25 - Jami McNear
- 28 - Shelia Lewis



October Anniversaries

- 1 - Marilyn Fuller (32 years)
Sandy Bogue (27 years)
- 4 - Mike Mejstrik (7 years)
- 6 - Kristy Goetsch (8 years)
- 10 - Kristi Kortje (22 years)
- 12 - Patty True (16 years)
- 16 - Tony Uttecht (22 years)
- 18 - Karen Hitz (18 years)
- 21 - Julie Batenhorst (16 years)
- 23 - Jann Frank (11 years)
- 30 - Donna Young (22 years)
Yancey Cortner (5 years)

Leave of Employment

September 6, 2011

Susan Reifenrath, HIM Clerk

September 28, 2001

Rebecca Garry, MHSS II

"Trust me on this: You'll worry a lot less about what other people think of you if you will acknowledge how infrequently other people think of you!"

- Joe Tye, Values Coach

Developing Work Values

From Joe Tye, Values Coach

More than we are consciously aware of, the emotions we feel are the result of the choices we make. You can be happy for someone else and their achievements or you can be jealous of their success. It's a choice.

You can be a victim, weighed down by the perceived injustices of the past that prevent you from achieving the future

of your dreams, or you can be a visionary who sees every obstacle as nothing more than a stepping stone that boosts you to a higher level of strength and power. It's a choice you make.

You can be suspicious and cynical, looking for evidence that others are self-interested and untrustworthy, or you can be what I call a Dionarap (the



word paranoid spelled backwards), assuming good faith unless

proved otherwise (and the more you practice being a Dionarap, the more often you will find that others respond to your positive expectations). It's a choice you make.

The Bulletin Board

I was told that I'm a very lucky person. I hope the luck stays with me for another 30 years. I'm improving each day.

Thank you for your calls, visits, cards, the healthy foods and prayers. And a big thank you for the gift. I do appreciate your kindness and concern. You're a special group of people.

Bless all of you,
Lois Brenneman

I want to thank each one of you for the kindness and sympathy shown at the time of my father's death. The cards, e-mails, thoughts, prayers, words

of support and encouragement were greatly appreciated. Thank you for helping make this time easier to bear. May God bless each of you!!

Sincerely,
Greg Sterner

I would like to thank all of the MHSS IIs that allow me the freedom to flex their work time. Some have changed to the opposite shift. Some have come in early (some very early) to escort our patients to doctor appointments, etc. I also appreciate their willingness to be pulled to a different unit to provide better coverage for a

shift. You all help make my job easier and I thank you all!

Marilyn Stromberg

Thank you to all of the girls in the HIM department! First of all Marilyn Blunck for allowing her staff to help me, after we lost our part time staff assistant. Patti and JoAnn took minutes for meetings. Sue brought our mail to my office each day. Tracy did all of the filing and even made new folders and labels for our file drawers. Amy helps us with our copier. I just want them all to know how grateful I have been for their assistance. Thank you!

Marilyn Stromberg

On Request: Pat's Pepper Jelly Recipes

Submitted by Pat Bethune, RN

*These jellies have a unique combination of both sweet and hot!! They are wonderful spread over cream cheese on bagels or crackers AND are a big hit when melted down and used as a final baste over grilled chicken or pork, as well as over meatballs or baked ham! *For those of you who have purchased my jellies...I make the low sugar version!*

***Helpful Hints!!

I've learned through trial and error...to ensure your jelly sets up...never change the recipe, do not attempt to cook more than one batch at a time AND leave your jars set once you remove them from the canner for at least 8 hours before moving!

Also if more heat is desired-try leaving seeds in for one pepper, then 2, etc until desired heat achieved! It is better to have milder jelly that you can eat, than jelly that is too hot to enjoy (though, this is almost impossible for my tastes!)...Last, but not least...

If the jelly is just too stubborn to set, you can still use it for glazes or sauces on your meats and you WILL get lots of compliments-so NO batch is ever a waste!

HABANERO GOLD JELLY (Makes 3 half-pint jars)

Ingredients:

- 1/3 cup finely chopped sliced dried apricots
- 3/4 cup white vinegar
- 1/4 cup finely diced red onions
- 1/4 cup finely diced red peppers
- 1/4 cup finely diced habanero peppers (for hotter jelly, include seeds)
- 3 cups white sugar (*for low sugar recipe...use 1 $\frac{1}{2}$ c sugar, and 1 $\frac{1}{2}$ c sugar substitute*)
- (3 ounce) envelope of liquid pectin (Certa or equivalent)

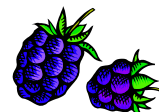


Directions: Finely chop dried apricots and measure into stainless steel saucepan with the vinegar; let stand for at least 4 hours. Chop onions and peppers. Add to apricot/vinegar mixture and stir in sugar (or sugar and substitute blend). Bring mixture to a full rolling boil (one that cannot be stirred down). Stirring constantly, boil mixture for 1 full minute. Remove from heat and immediately stir in liquid pectin, mixing well. Stir for about 3 minutes to mix solids and just start the gel process. Pour into hot sterilized jars, dividing solids equally and filling to within 1/4 inch from top of jar. Wipe rims and top with sterilized lids and rings. Process 10 minutes in boiling water canner.

BLACKBERRY JALEPEN0 JELLY (Makes 6 half-pint jars)

Ingredients:

- $\frac{1}{2}$ c. coarsely chopped jalapeno peppers (seeded for mild version, with seeds for spicy version)
- 1 large red bell pepper, finely chopped



2 c. cider vinegar

2 c. blackberries (fresh or frozen)

1 pkg pectin (Sure- Gel or equivalent)

6 c. sugar (*for low sugar version use half sugar, and half sugar substitute*)

Directions: Put first five ingredients in pot and bring to rolling boil (one that cannot be stirred down) for one full minute. Add sugar and bring back to full rolling boil, stirring constantly, for one more full minute. Pour hot into hot sterilized jars, leaving 1/4 inch head space, wipe rims and top with 2 piece sterilized lids. Process 10 minutes in boiling water canner.

PEACH HABANERO JELLY (Makes 5-6 half pint jars)

Ingredients:

4 c. peeled and finely chopped peaches (fresh or frozen)

1 whole red bell pepper, finely chopped

1/2 c. green bell pepper, finely chopped

1/2 tsp. lemon rind

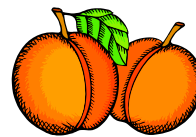
2Tbsp. cider vinegar

10 habaneros (seeded for mild, add seeds to increase heat)

5 c. white sugar (*for low sugar version use 2 ½ c. each of sugar and sugar substitute*)

1 pkg powdered pectin (sure-gel or equivalent)

Directions: Place peaches in large stainless steel saucepan. Add peppers, lemon rind and vinegar. Cook over high heat to rolling boil. Add sugar and bring back to full boil, boiling for 5 minutes. Add pectin and boil one minute more. Pour into hot, sterilized jars leaving 1/4 inch head space. Wipe rims and place sterilized lids and rings over jars. Process in water bath canner for 10 minutes.



PINEAPPLE HABANERO JELLY (Makes 5-6 half pint jars)

Ingredients:

4 c. crushed and drained pineapple

1 c. white vinegar

5 chopped and seeded habaneros (for more heat leave in seeds)

1 chopped bell pepper-any color (red is my favorite as it is really pretty!)

5 c. sugar (*for low sugar version, use 2 ½ c. each of sugar and sugar substitute.*)

1 pkg powdered pectin (Sure Gel or equivalent)

Directions: Place first 5 ingredients in stainless steel saucepan and bring to rolling boil (one that cannot be stirred down) stirring constantly for 5 min. Add pectin and boil one minute more. Pour hot into sterilized jars, leaving 1/4 inch headspace. Wipe rims and cap with 2 piece sterilized lids. Process in water bath canner for 10 minutes.



DHHS - NORFOLK REGIONAL CENTER

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The Source is an employee newsletter written by the employees and published monthly for the employees within the Norfolk Regional Center. Articles and ideas for publication are always welcome and can be forwarded to any member of the Editorial Board.

It is the policy of the Editorial Board to attempt to print any article that does not attack another person. The Editorial Board reserves the right to edit articles for size and content. Articles sent to the Editorial Board must be signed, but the writer may request to have their name withheld. Please contact us with submissions for the next edition, and with your comments on the newsletter!

NRC Editorial Board

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Marilyn Stromberg - 370.3142



From New Age to Patient Care

Submitted by Julie Beutler, ADON

When your resumé already boasts (though some might demand apologies) of creating the New Age music genre, what other new terrain is a musician to explore?

For Mannheim Steamroller founder Chip Davis, his second act involves using music to address patient-care issues.

Davis formed a company called Ambiance Medical, which aims to create music

that has the "ability to 'mentally transport' a patient outside the hospital room" and counteract a patient's feelings of anxiety, isolation and other emotions, according to the Ambiance Medical website.

The Ambient Therapy system combines natural sounds with musical compositions and then uses a sound system that has been designed for a health-care environment.

Organizations such as NASA, the Mayo Clinic and Alegent Health Systems in Omaha, Neb., have used the system.

Source: *Modern Healthcare*,
September 12, 2011

